

Parent Information  
School Age Children

## Clean and Neat is Hard to Beat



### A healthy child should learn how to take care of his or her body.

You can help by teaching your child how to:

- Wash his or her hands before eating.
- Wash his or her hands after using the bathroom.
- Take a bath or shower every day.
- Keep fingernails and toenails trimmed and clean.
- Wash hair at least once a week.
- Comb or brush hair twice a day and as needed.
- Change underclothes and socks every day.
- Wear clothes that look clean and do not smell.
- Brush his or her teeth at least two times during the day and at bedtime.
- Flush the toilet after every use.
- Wipe after using the bathroom. Girls should be taught to wipe from front to back.

**REMEMBER:** Do not share combs, hair clips, hair pins, hats, brushes, towels, and bath cloths. Each family member should have his or her own set.

Child's Name \_\_\_\_\_

School Nurse \_\_\_\_\_

Date \_\_\_\_\_

School \_\_\_\_\_

School Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_



South Carolina Department of Health  
and Environmental Control

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